

Student Take-Home Resources Prevention of Mental Health Disorders and Mental Health Awareness/Assistance Grade 10

Key Takeaways:

1. Everyone has mental health and taking care of your mental health is just as important as taking care of your physical health.
2. Mental health problems and mental illness are common in youth; about 1 in 5 students will experience a mental health issue.
3. There are many healthy coping strategies students can use to handle strong feelings.

Vocabulary:

1. **Mental Health** - is a state of emotional, behavioral, and social well-being, not just the absence of a mental or behavioral disorder. It is based on how we think, act, and feel.
2. **Mental Illness** - refers to a range of brain disorders that affect mood, behavior, and thought process and interfere with functioning at home and/or school. The terms mental illness and mental disorder are often used interchangeably.
3. **Overwhelming feelings** - Overwhelming feelings hang around for a long time, changing the way we feel, behave, and may even stop us from doing what we want in life. These overwhelming feelings can sometimes be a sign of something more serious that needs to be addressed.

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it's time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with others.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they're keeping you from being able to do what you need or want to do, it's time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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Resources:

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:
<https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to www.crisistextline.org

- Hope for Healing: <http://www.hopeforhealingfl.com/>